



**SEE PAGE 7  
FOR SPECIAL  
OFFERS!**

**'Start a Career in Healthcare**  
Accepting students now for upcoming  
Health Care Aide classes!

**HERZING COLLEGE**  
204.775.8175 • herzing.ca/winnipeg

f t y s

# Winnipeg metro



**IN DEFENCE OF BEYONCÉ**  
**metroLIFE**



Your essential daily news | **WEDNESDAY, FEBRUARY 10, 2016**

**High -15°C/Low -23°C Periods of light snow** t f

**BIG  
PLAYERS  
KEEPING  
QUIET ON  
SKINNY TV**

**Deadline looming for MTS, Shaw to release low-cost cable packages** **metroNEWS**

## Road feud heads to appeal court

### CITY PLANNING

#### Dispute over blocked access to East St. Paul streets lives on



**Stephanie  
Taylor**  
Metro | Winnipeg

A Manitoba judge has given East St. Paul permission to appeal a provincial board's decision not to intervene in the city's plans to block access to two North Kildonan roads.

The request was heard before Manitoba's appeal court Jan. 14, and the decision was delivered Feb. 1.

Wheels of the legal dispute began turning in 2014 when council approved closing Gateway Road and Raleigh Street in

a bid to halt a potential large-scale commercial development — which would be anchored by a Walmart — eyed for the southwest corner of Highways 59 and 101 inside the Perimeter Highway.

"I appreciate it's now going to go before the appeal court for review," area Coun. Jeff Browaty said of the matter Tuesday.

Browaty said at that time, the shopping centre proposal

did not include rural road access, and posed to create more traffic headaches on the Perimeter Highway and Lagimodiere Boulevard.

But residents of East St. Paul decried the proposed road blocks, saying they would negatively affect their community.

A bylaw to implement any road closures is still pending.

Justice Christopher Mainella said in a written decision the

dispute was brought before appeal court after East St. Paul officials voiced their dissatisfaction over how the Municipal Board of Manitoba — a tribunal that hears disputes between municipalities over shared infrastructure — handled the situation.

Although the board deemed road access as necessary, and that the two parties should cooperate to resolve the issue, it ultimately ruled, "these mat-

ters are beyond the board's jurisdiction."

Municipal officials argue that answer is "unreasonable," Mainella said, adding determining the jurisdiction of the provincial board and whether it erroneously opted out from intervening now forms the basis of appeal.

No dates have been set for the appeal, Browaty said, but was told by a city lawyer it could return to court by June.

Discover why  
nearly **90%** of MITT  
graduates have  
careers in their  
chosen fields.

REGISTER ONLINE AT  
**MITT.CA/OPENHOUSE**  
OR CALL **204.989.6500**



## OPEN HOUSE

Attend our Open House to get an inside look at MITT programs and services. Whether you're seeking a new career, exploring post-secondary education for the first time, or looking for a new high school experience, the Open House will help you **get started**.

\*See contest rules for details at **MITT.CA/openhouse/contestrules**



MANITOBA INSTITUTE OF  
TRADES AND TECHNOLOGY  
THE WORK SCHOOL

**WIN A  
\$500.00  
TUITION  
VOUCHER!\***



# It's Time to Check Out Robertson College.

## Your New Career is Just a Few Months Away.

### Are you ready for the next step in your career?

At Robertson College, we offer many Student-Aid approved career-focused programs in Health Care and Business that are designed to get you career-ready in one year or less. With our small classes, hands-on learning, experienced industry instructors, your new career is within reach.

Classes starting monthly!

Get started now at [robertsoncollege.com](http://robertsoncollege.com)  
or call **204.943.5661** for more information.

**ROBERTSON  
COLLEGE**

students *first.*

### Campus Programs Available:

Accounting Assistant  
Accounting Specialist  
Business Administration:  
Sales & Internet Marketing  
Community Support Worker [New]  
Health Care Aide  
Health Care Aide Challenge  
Health Unit Clerk  
Legal Assistant  
Logistics & Supply Chain Management  
Massage Therapy  
Medical Laboratory Assistant  
Medical Office Assistant  
Network Administrator  
Nursing Assistant  
Pharmacy Technician  
Software & Database Developer  
Travel Counsellor  
Veterinary Office Assistant

### Online Programs Available:

Accounting Assistant  
Administrative Professional  
Business Administration Management [New]  
Computer Support Technician [New]  
Health Care Aide Challenge  
Legal Assistant  
Logistics & Supply Chain Management  
Medical Office Assistant  
Medical Terminology  
Mobile Applications  
Network Security Technician [New]  
Oil & Gas Administrator  
Project Management  
Small Business Management  
Travel Counsellor  
Veterinary Office Assistant





## RCMP launch mass DNA sweep to catch child killer

### GARDEN HILL INVESTIGATION

### Manitoba first: Roughly 2,000 men asked to give samples

The 11-year-old girl was last seen walking home from a birthday party.

Teresa Robinson's remains were found in May by searchers on the Garden Hill First Nation in northern Manitoba. It was initially thought she had been attacked by a bear, but police soon ruled the death homicide.

Now, after nine months without an arrest, RCMP have taken an unusual step to find her killer.

Officers have asked all males ages 15 to 66 in the remote, fly-in community to volunteer samples of their DNA.

It's a pool of about 2,000 people.

Mounties say it's the largest DNA sweep they've ever tried in the province and possibly in the country.

Toronto lawyer Enzo Rondinelli said he's only heard of past sweeps in Canada involving hundreds, not thousands of people.

And while a DNA match can crack an unsolved case, Rondinelli said these sweeps often focus on the people who refuse to participate.

"It may be narrowing it down to those who say no," he said. "In the eyes of the police, you may now seem suspicious and may actually now come in the crosshairs of a much more greater surveillance than you otherwise would have."

The lawyer said officers can follow those who refuse and legally pick up anything they throw away in public — a cigarette butt, piece of gum or Tim Hortons cup — to obtain their DNA.

Rondinelli also teaches a course in forensic science and the law at the University of Toronto and has written an academic article about what he calls "DNA dragnets."

Although there have been many cases in the United States, he only knows of a handful in Canada and doesn't think any accused has successfully fought the technique here in court.

Officers who ask for a mouth swab or finger prick need to be careful, Rondinelli said. They must inform people that they have the right to decline and ask to speak with a lawyer. Vol-



Officers have asked all males ages 15 to 66 in the remote, fly-in community of Garden Hill First Nation to take a DNA test, with the aim of tracking down a suspect in 11-year-old Teresa Robinson's (inset) murder. WIKIPEDIA COMMONS/THE CANADIAN PRESS

unteers must also sign consent forms.

In exchange, police typically agree samples will only be used in a single investigation and will be destroyed if they don't prove a match.

In trying to catch Teresa's killer, Rondinelli believes Mounties are asking for male volunteers, not female, because DNA left behind at a crime scene can reveal an offender's sex.

He said he would advise cli-

ents against volunteering DNA because it's their right and police can get it in other ways. And, he added, labs can make mistakes.

Grand Chief Sheila North Wilson, who represents northern First Nations, said a DNA sweep may be unusual, but she supports the plan. People in the community want to see RCMP taking more action on the case.

"Especially in an isolated community, you'd think it

would be much easier to figure out who it is. But clearly it's not," she said.

Teresa's mother, Sandra Robinson, recently told media she believes the killer is someone on the reserve, and it's left her mistrusting everyone.

Several men who have already volunteered their DNA said they did so because they have nothing to hide and want to help.

THE CANADIAN PRESS

### CRIME

### Strategy applied in key cases

It's called a "DNA sweep" or "blooding" — police ask a group of people to voluntarily provide samples of their DNA in order to crack an unsolved crime. Here are some cases involving the technique in Canada:

#### ■ Cassandra Kaake

The 31-year-old woman, seven months pregnant, was found slain in her home in Windsor, Ont., after firefighters put out a blaze in December 2014. A month later, police asked her friends, family, co-workers and neighbours to submit DNA samples. Police said information gathered during a canvass of the area led them to a suspect. Matthew Brush, 26, faces several charges, including first-degree murder.

#### ■ Holly Jones

The 10-year-old girl disappeared while walking home from a friend's house in Toronto in May 2013. Her body parts were later found in bags floating in Lake Ontario. Police canvassed about 300 homes in her neighbourhood and asked men to provide DNA. One man who refused, Michael Briere, was arrested after police got his DNA off a discarded pop can. Briere confessed to sexually assaulting and strangling Holly before dismembering her body. He later pleaded guilty to first-degree murder.

THE CANADIAN PRESS

“It may be narrowing it down to those who say no.”

Toronto lawyer Enzo Rondinelli

\*jobbank.gc.ca

**93%**  
Employment  
Rates  
Winnipeg campus, 2014

## EARN UP TO \$28.99/HR\* AS A DENTAL ASSISTANT

Train for a rewarding career in oral healthcare! Apply today and you can earn your Intra Oral Dental Assistant diploma in less than a year.

### CDI COLLEGE ALSO OFFERS PROGRAMS IN:

- Accounting and Payroll Administrator
- Addictions and Community Services Worker
- Legal Administrative Assistant
- Network and Database Administrator
- And More!

➔ ASK ABOUT OUR EVENING CLASSES!

Financial assistance may be available to qualified applicants.

**1.800.360.7186**

STUDY.CDICOLLEGE.CA

**CDI college**

# VISCOUNT GORT HOTEL

Banquet & Conference Centre



## Book your WEDDING Today!

With more than 8,500 square feet of space to accommodate your Wedding of up to 450 guests. We can tailor our banquet space to fit you and your event perfectly. Our highly personalized service ensures that your event will be memorable.

**Call today!**

(204) 775-0451 ext SALES  
1670 Portage Avenue, Winnipeg, MB  
**VISCOUNT-GORT.COM**



Both MTS and Shaw have yet to reveal their "skinny TV" packages to Manitoba consumers. THE CANADIAN PRESS FILE

# MTS, Shaw mum on 'skinny TV' packages

## TELEVISION

### Providers told to offer more affordable, flexible options



In about 20 days, Canadians will be able to pay less money for television — but the providers haven't offered up much information on what the new offerings will look like, and Manitoba's big two are no ex-

ception.

The changes come on the heels of the Canadian Radio-television and Telecommunications Commission (CRTC) order from last year, which requires providers to offer more affordable, flexible options.

The policy adopted in March 2015 explains a key aim is to "provide Canadians with a world of choice," including "the ability to create their own value proposition based on the TV services they want to receive and pay for" by March 2016.

The regulator slipped in clauses about a \$25 entry-level offering and requires



### MTS will meet the CRTC's timelines

MTS spokesperson

the provision of "pick-and-pay" or "skinny" packages, but building those packages, and advertising them, falls to the providers.

In Manitoba, Shaw is mum on their plans with less than three weeks to go before the March 1 deadline.

The simple statement Metro received from the company (in its entirety) is, "With regards to

your inquiry, information regarding changes and additions to our current TV packages will be made to our customers in the coming weeks."

Manitoba Telecom Services (MTS) had similarly little to say.

An MTS spokesperson stated "MTS will meet the CRTC's timelines for mandated changes to package offerings."

"Our goal is to drive the best overall customer experience and to minimize disruption for customers," she said. "MTS changes will begin taking effect in March (and) more information about our channel packaging will be available at that time."

## TRANSIT

### Student groups review U-Pass

After receiving a draft agreement for student transit passes last week, the onus is now on student associations to move quickly and finalize the deal.

"We want to have things in place and ready to go for when registration starts," said Emily Epp, internal vice-president of the University of Winnipeg Students Association (UWSA).

The agreement for the new "U-Pass" was sent to both UWSA and the University of Manitoba Students Union (UMSU) by the city's transit department last week, after having been supported by Winni-

peg city council in March 2015.

The student associations need to review the draft agreement, which promises to provide full transit passes to students of both schools for a \$260 mandatory fee.

At the UWSA, Epp and her colleagues are working with various university departments to oversee the logistics of working that fee into the general fee structure.

She said the plan is to meet with the city to provide input on the draft by the end of this week, so further work can be done before registration opens

this summer.

Zach LeClerc, UMSU vice president internal, said he and the UMSU have been working on the logistics in anticipation of the draft for months.

LeClerc explained that he saw a "few issues" on his quick read-through, so wants to take it to a larger working group, emphasizing that even after that, "we need our legal council to take a look at it, too."

The \$260 fee for the U-Pass will be added to costs for all undergraduate students at both universities starting in the fall.

BRAEDEN JONES/METRO

## ACCIDENT

### Woman, 64, killed when vehicle loses control

A woman from Ontario was killed in a rollover Saturday afternoon on Highway 44, about 100 kilometres northeast of Winnipeg. RCMP say officers found a pickup truck in the east ditch. The 64-year-old victim, who was driving, died at the scene. A female passenger suffered minor injuries and was taken to a local hospital. Police say alcohol is not believed to have been a factor.

THE CANADIAN PRESS



# GET THE ESCAPE MOST SHOPPERS BUY. THE ONE WITH ALL OF THIS:

- 1.6L EcoBoost® Engine
- 178 Horsepower
- Air Conditioning
- Keyless Entry
- Roof-Rack Side Rails
- Rear View Camera
- 17" Aluminum Wheels
- SYNC® 3 Enhanced Voice Recognition

## LEASE THE 2016 ESCAPE SE 4WD

**\$145\*** | **0.99%** | **60** | **\$1,495** | **\$30,782\*\***  
EVERY 2 WEEKS | APR | MONTHS | DOWN | OR | CASH PURCHASE

OFFER INCLUDES \$1,790 IN FREIGHT AND AIR TAX

PLUS, GET AN ADDITIONAL  
**\$750\*** | **BONUS CASH**  
TOWARDS THE **ESCAPE**



IT'S **EASY** TO  
GET INTO A **FORD**

Shop now at [findyourford.ca](http://findyourford.ca) or drop by your **Prairie Ford Store**.



**Go Further**



**Oh hey, you're looking for the legal, right? Take a look, here it is:** Vehicle(s) may be shown with optional equipment. Dealer may sell or lease for less. Limited time offers. Offers only valid at participating dealers. Retail offers may be cancelled or changed at any time without notice. See your Ford Dealer for complete details or call the Ford Customer Relationship Centre at 1-800-565-3673. For factory orders, a customer may either take advantage of eligible raincheckable Ford retail customer promotional incentives/offers available at the time of vehicle factory order or time of vehicle delivery, but not both or combinations thereof. Retail offers not combinable with any CPA/GPC or Daily Rental Incentives, the Commercial Uplift Program or the Commercial Fleet Incentive Program (CFIP). \* Until February 29, 2016, lease a new 2016 Escape SE 4WD 201A for up to 60 months and get 0.99% APR on approved credit (OAC) from Ford Credit Canada Limited. Not all buyers will qualify for the lowest APR payment. Lease 2016 Escape SE 4WD 201A with a value of \$29,287 (after \$1,495 down payment or equivalent trade in and Manufacturer Rebates of \$500 deducted and including freight and air tax charges of \$1,790) at 0.99% APR for up to 60 months with an optional buyout of \$11,552. monthly payment is \$313 (the sum of twelve (12) monthly payments divided by 26 periods gives payee a bi-weekly payment of \$144.48), total lease obligation is \$20,275, interest cost of leasing is \$1,007 or 0.99% APR. Additional payments required for PPSA, registration, security deposit, NSF fees (where applicable), excess wear and tear, and late fees. Lease offer excludes options, Green Levy (if applicable), license, fuel fill charge, insurance, dealer PDI, PPSA (if financed or leased), administration fees, and any other applicable environmental charges/fees and taxes. Some conditions and mileage restriction of 80,000km for 60 months applies. Excess kilometrage charges are 12¢ per km, plus applicable taxes. Excess kilometrage charges subject to change, see your local dealer for details. All prices are based on Manufacturer's Suggested Retail Price. \*\* Purchase a new 2016 Escape SE 4WD 201A for \$30,782 (after Manufacturer Rebates of \$500 deducted). Taxes payable on full amount of purchase price after Manufacturer Rebates have been deducted. Offer includes charges for freight and air tax \$1,790 but excludes options, Green Levy (if applicable), license, fuel fill charge, insurance, dealer PDI, PPSA, administration, and any other applicable environmental charges/fees and taxes. All prices are based on Manufacturer's Suggested Retail Price. ± Offer valid between February 2, 2016 and February 29, 2016 (the "Offer Period") to Canadian residents. Receive \$750 towards the purchase or lease of a new 2015 or 2016 Ford Escape (each an "Eligible Vehicle"). Only one (1) bonus offer may be applied towards the purchase or lease of one (1) Eligible Vehicle. Taxes payable before offer amount is deducted. Offer is not raincheckable. ©2016 Sirius Canada Inc. "SiriusXM", the SiriusXM logo, channel names and logos are trademarks of SiriusXM Radio Inc. and are used under licence. ©2016 Ford Motor Company of Canada, Limited. All rights reserved.

# Learning from a kid's wheeze

## STUDY

### Universities aim to predict what breathing illnesses await

A new study provides insights into the ways a baby's wheeze can be a precursor to future respiratory issues.

The study published by University of Manitoba and University of British Columbia followed 320 children born in Winnipeg and Vancouver hospitals from before birth until adolescence.

It found specific patterns of wheezing early on could be linked with decreased lung function and increased risk of asthma by age 15.

"Our research shows that asthma-associated deficits in lung function are already present at a very young age, suggesting that interventions to reduce early-life wheezing could have significant long-

term health benefits," said Meghan Azad, a U of M professor of pediatrics and child health.

"Although many treatments exist to manage asthma symptoms, it is a lifelong disease and there is no cure."

Asthma affects more than 500,000 Canadian children and is the most common reason for children to miss school or be admitted to hospital.

Asthma also accounts for more than 30 per cent of Canadian health care billings for children.

"Prevention is the best approach to reduce the global burden of asthma," Azad said, adding that the "study provides important new information to inform asthma prevention strategies."

"Wheezing is frequent among babies and young children and this study focused on the long-term implications of wheezing in early life, using data from the Canadian Asthma Primary Prevention Study."

METRO

**500K**

Number of Canadian children affected by asthma.



A baby's wheeze could mean **future asthma problems**, according to a new study out of the University of Manitoba. ISTOCK

## POLITICS

### Elections Manitoba commences enumeration for spring election

Elections Manitoba will begin going door-to-door, collecting a list of voters' names in time for the provincial election in April.

The process, called enumeration, will run until March 7, according to a news release issued by Elections Manitoba.

They say roughly 3,000 enumerators will make their way through the province's 57 electoral districts, making a list of eligible voters.

"Having your name on the voters list makes it easier to vote on Election Day," says the release.

Elections Manitoba says all enumerators will be wearing a yellow vest, and will carry photo ID, which includes their name and position.

Residents will be asked to provide their name, address and phone number, as well as date of birth and gender. METRO

# BUSINESS IS A FAMILY AFFAIR



## THE FAMILY SPECIAL EPISODE

Presented by



TONIGHT **8** 



# Conservation group buys historical site

## ENVIRONMENT

### The Ethier Sandhills are home to rare, diverse species

The Nature Conservancy of Canada in Manitoba has announced that it is the proud new owners of a historical property in the province.

The not-for-profit, land conservation organization has completed the purchase of 127 hectares known as the Ethier Sandhills in the Oak Lake Natural Area in southwestern Manitoba.

The site was sold to the Nature Conservancy of Canada by the previous landowner, who wished to protect the sand dunes in honour of his late mother.

Over the years, vegetation growing on the dunes have created stability and resulted in habitat for many rare or uncommon species.

mon species.

The Nature Conservancy of Canada has discovered 11 species at risk and uncommon species on the property, including silky prairie clover inhabiting the blowouts which is listed as both nationally and provincially threatened.

The property is also one of only a few places in Manitoba where brittle prickly pear and the provincially imperilled spiny star can be found.

"Working with families is just one of many rewarding aspects of working at the Nature Conservancy of Canada," said Josh Dillabough, natural area coordinator. "We were so pleased to be able help the family pay tribute to their loved one while protecting such a rare and interesting property. The diversity of species in these sand dunes are amazing, not to mention when on top the dunes you can see all the way across the Lauder Wildlife Management Area."

THE CANADIAN PRESS



The brittle prickly pear is one of the rare species that grows in the Ethier Sandhills. WIKIPEDIA COMMONS

## LABOUR

### Whisky workers favour job action

The workers who produce world famous Crown Royal whisky have voted in favour of a walkout to back their contract demands.

Local 832 of the United Food and Commercial Workers Union says its members at Diageo Canada in Gimli, Man., have voted 100 per cent in favour of strike action.

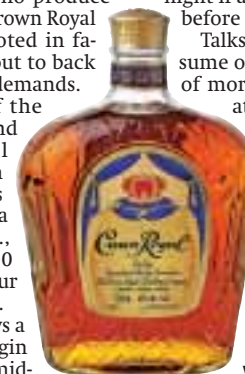
The union says a walkout will begin on March 4 at mid-

night if a deal is not reached before then.

Talks are scheduled to resume on Feb. 16 on behalf of more than 50 workers at the Gimli facility.

Last November, a British-based expert selected Crown Royal's Northern Harvest Rye as the World Whisky of the Year for 2016.

THE CANADIAN PRESS



Crown Royal whisky HANDOUT

## IN BRIEF

### Trial begins for young man accused of killing senior

The trial has begun for a 29-year-old Winnipeg man accused of sexually assaulting and killing a random stranger — a 73-year-old woman — in a parking garage.

Elizabeth Lafantaisie's body was found stuffed

into the trunk of her own car in February 2011.

Thomas Brine has pleaded not guilty to first-degree murder.

The Crown says it will also present DNA evidence linking the two, and will show photos of Brine at a car wash with Lafantaisie's vehicle. THE CANADIAN PRESS



# THE ALL-NEW CIVIC. GAME ON.



MODEL SHOWN: CIVIC LX

**HONDA**  
OFFICIAL VEHICLE OF THE NHL®



2016 CR-V LX 2WD

STOCK #: DT6335

LEASE FROM:

PURCHASE FROM:

**\$72 WEEKLY OR \$28,005**

@ 1.99% FOR 60 MONTHS WITH \$0 DOWN PAYMENT\*



MODEL SHOWN: CR-V LX 2WD

2016 CIVIC LX

STOCK #: FC2E5GE

LEASE FROM:

PURCHASE FROM:

**\$59 WEEKLY OR \$20,605**

@ 3.99% FOR 60 MONTHS WITH \$0 DOWN PAYMENT\*



**BIRCHWOOD HONDA WEST**

75-3965 Portage Avenue

204-888-2277 birchwoodhondawest.ca



**HONDA**

All prices and payments are plus PST and GST. \*2016 lease payments of \$72/\$28 plus PST and GST at 1.99%/3.99% APR DAC and based on a price of \$23,505/\$20,605 leased over 60 months with a total lease obligation of \$18,720/\$18,348 plus taxes. 24,000 kilometres/year allowance with excess kilometres charged at \$0.12 per kilometre. Offers valid until February 28th, 2016. See Birchwood Honda West details. Dealer permit #5200. NHL Shield logo is a registered trademark of the National Hockey League. © 2015. All Rights Reserved.

# Fishers survive blizzard

## WEATHER

### About 20 stranded for 2-1/2 hours on Lake Winnipeg

A group of ice fishers are safe and sound, after spending a harrowing day on Lake Winnipeg.

A blizzard and whiteout conditions stranded about 20 people on the lake on Sunday.

It happened at Chalet Beach, in between Matlock and Petersfield.

Caz Ducharme was one of those stranded for about 2-1/2 hours.

He said he was nervous.

RCMP said the blizzard was so bad, two men got stuck and spent the night on the lake.

Donovan Pearase operates ice fishing tours in the Chalet Beach area and spent three hours helping people off the ice with his track truck.

He said many had experience ice fishing, but not in extreme weather conditions.

Ice fisher Danny Riddel also



About 20 ice fishers were stranded on Lake Winnipeg Sunday during a blizzard. CONTRIBUTED

helped those stranded off the ice and says the weather can change in minutes.

"If you don't notice it from the comfort of a warm shack, you are in lots of trouble," said Riddel.

Pearase said Monday it's im-

portant fishers are prepared before venturing out — that

means bringing heaters, carrying GPS and bringing a metal

shovel that won't break in heavy snow.

RCMP advise people to check weather forecasts, bring enough supplies for a night, and carry a fully charged cell-phone.

THE CANADIAN PRESS

**“If you don't notice it from the comfort of a warm shack, you are in lots of trouble. Danny Riddel**

## JUSTICE

### Manslaughter charge in push-from-van allegation

A Winnipeg man accused of fatally injuring a woman by allegedly pushing her from a moving cube van has been charged with manslaughter.

Keith Ryan Thompson was in custody on five counts, including criminal negligence causing death, when he was charged yesterday with the more serious offence.

Police have said that Jennie Lynda Lee Graves of Winnipeg was a passenger in a cube van when she got into an argument with the driver on Aug. 27, 2014.

They said the argument got physical and the 35-year-old woman was struck by the rear wheels when she was allegedly pushed out near a south-end intersection.

The driver continued for several blocks before stopping and a witness later brought the suspect back to the scene where an arrest was made.

Thompson is also facing a charge of failing to stop at the scene of a fatal accident. THE CANADIAN PRESS

**HYUNDAI**

GET **0%** FINANCING\* FOR UP TO **84** MONTHS ON ALL 2016 MODELS

**FACTORY AUTHORIZED CLEAROUT EVENT**

NO WONDER THE COMPETITION ALREADY HATES 2016.

**HURRY IN! OFFERS END SOON!**

## PLUS 5-YEAR

COMPREHENSIVE LIMITED WARRANTY\*\* ON ALL HYUNDAI MODELS

### 2016 ELANTRA L MANUAL

#### CLEAROUT PRICING

HWY: 6.3L/100 KM  
CITY: 8.5L/100 KM\*



### 2016 ACCENT 5-DOOR LE

5-Door GLS model shown\*

Selling Price \$21,627



HWY: 6.3L/100 KM  
CITY: 8.9L/100 KM\*

Sport Appearance Package model shown\*

Selling Price \$21,927

- ✓ POWER WINDOWS
- ✓ DUAL HEATED POWER OUTSIDE MIRRORS

- ✓ 4-WHEEL DISC BRAKES
- ✓ 60/40 SPLIT-FOLDING REAR SEATS

- ✓ AUTOMATIC TRANSMISSION

#### REMOTE STARTER

- ✓ AIR CONDITIONING

CASH PURCHASE PRICE

**\$11,995<sup>+</sup>**

INCLUDES

**\$5,532**

IN PRICE ADJUSTMENTS\*

LEASE FOR ONLY \$78 BIWEEKLY

THAT'S LIKE PAYING **\$39** WEEKLY

AT **0%** FOR 60 MONTHS WITH \$1,495 DOWN\*

### THE ALL-NEW 2016 TUCSON 2.0L FWD

HWY: 9.3L/100 KM  
CITY: 11.6L/100 KM\*

Ultimate model shown\*  
Selling Price \$41,527

WHEN EQUIPPED WITH AVAILABLE AUTONOMOUS EMERGENCY BRAKING (AEB). For more information, visit [www.ihs.org](http://www.ihs.org)



- ✓ 5" DISPLAY AUDIO WITH REARVIEW CAMERA
- ✓ AUTOMATIC HEADLIGHTS WITH LED DAYTIME RUNNING LIGHTS

- ✓ PROJECTION HEADLIGHTS WITH LED ACCENTS
- ✓ FRONT 3-STAGE HEATED SEATS

LEASE FOR ONLY \$138 BIWEEKLY

THAT'S LIKE PAYING **\$69** WEEKLY

AT **1.49%** FOR 60 MONTHS WITH \$0 DOWN\*

### 2016 SANTA FE SPORT



Limited model shown\*

Selling Price \$42,577

HWY: 9.7L/100 KM  
CITY: 12.9L/100 KM\*

- ✓ HEATED FRONT SEATS
- ✓ 17" ALUMINUM ALLOY WHEELS

- ✓ BLUETOOTH® HANDS-FREE PHONE SYSTEM
- ✓ FOG LIGHTS

GET UP TO **\$4,000** IN PRICE ADJUSTMENTS\*

#### CLEAROUT PRICING

H-Factor

THIS IS HOW WE DO IT.

Dealers may charge additional fees for administration of up to \$499. Charges may vary by Dealer.

**HYUNDAI** | NEW THINKING. NEW POSSIBILITIES.  
HyundaiCanada.com

VEHICLE

SEE YOUR DEALER FOR DETAILS  
<http://www.hyundaicanada.com/my1st>

**5 YEAR WARRANTY**

5-year/100,000 km Comprehensive Limited Warranty\*\*  
5-year/100,000 km Powertrain Warranty  
5-year/Unlimited km 24 Hour Roadside Assistance

®/™The Hyundai names, logos, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp. All other trademarks are the property of their respective owners. \*Cash purchase price of \$11,995 available on all new 2016 Elantra Sedan L Manual models and includes price adjustments of \$5,532. Prices include Delivery and Destination charge of \$1,895, fees, levies and all applicable charges (excluding GST/PST). Prices exclude registration, insurance, PPSA, license fees and dealer admin. fees of up to \$499. Fees may vary by dealer. Delivery and Destination charge includes freight, P.D.E. and a full tank of gas. †Finance offers available O.A.C. from Hyundai Financial Services. Finance example: 2016 Santa Fe Sport 2.4L FWD at 0% per annum equals \$163 biweekly for 84 months for a total obligation of \$29,666. \$0 down payment required. Cost of borrowing is \$0. Finance example includes Delivery and Destination charge of \$1,895, levies and all applicable charges (excluding GST/PST). Finance example excludes registration, insurance, PPSA, license fees and dealer admin. fees of up to \$499. Fees may vary by dealer. ‡Price adjustments of up to \$5,532/\$4,000 available on all new 2016 Elantra L Manual/Santa Fe Sport 2.4L Luxury AWD models. Price adjustments applied before taxes. Offer cannot be combined or used in conjunction with any other available offers. Offer is non-transferable and cannot be assigned. No vehicle trade-in required. †Leasing offers available O.A.C. from Hyundai Financial Services based on a new 2016 Accent 5-Door LE/Tucson 2.0L FWD with an annual lease rate of 0%/1.49%. Biweekly lease payment of \$78/\$138 for a 60-month walk-away lease. Down payment of \$1,495/\$0 and first monthly payment required. Total lease obligation is \$11,635/\$17,940. Lease offer includes Delivery and Destination charges of \$1,595/\$1,795, levies, and all applicable charges (excluding GST/PST). Lease offer excludes registration, insurance, PPSA, license fees and dealer admin. fees of up to \$499. Fees may vary by dealer. ‡Security deposit on all models. 20,000 km allowance per year applies. Additional charge of \$0.12/km. •Prices of models shown: 2016 Elantra Sport Appearance Package/2016 Accent 5-Door GLS Auto/2016 Tucson 1.6T Ultimate AWD/2016 Santa Fe Sport 2.0T Limited are \$21,927/\$21,627/\$41,527/\$42,577. Prices include Delivery and Destination charges of \$1,895/\$1,595/\$1,795/\$1,895, fees, levies and all applicable charges (excluding GST/PST). Prices exclude registration, insurance, PPSA, license fees and dealer admin. fees of up to \$499. Fees may vary by dealer. ‡Fuel consumption for new 2016 Elantra Sport Appearance Package (HWY 6.3L/100KM; City 8.5L/100KM); 2016 Accent 5-Door GLS (HWY 6.3L/100KM; City 8.9L/100KM); 2016 Tucson 1.6T Ultimate AWD (HWY 9.3L/100KM; City 11.6L/100KM); 2016 Santa Fe Sport 2.0T Limited (HWY 9.7L/100KM; City 12.9L/100KM) are based on Manufacturer testing. Actual fuel efficiency may vary based on driving conditions and the addition of certain vehicle accessories. Fuel economy figures are used for comparison purposes only. ‡Government 5-Star Safety Ratings are part of the U.S. National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program ([www.SaferCar.gov](http://www.SaferCar.gov)). \*Based on the 2009-2016 Global Automakers of Canada (GAC) Sales report. †††Offers available for a limited time and subject to change or cancellation without notice. Dealer may sell for less. Inventory is limited. Visit [www.hyundaicanada.com](http://www.hyundaicanada.com) or see dealer for complete details. †Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions.



# Remembering a landmark strike

## ART INSTALLATION

### Winnipeg hosts design contest to mark labour movement

The city is looking for new art to commemorate the Winnipeg General Strike of 1919.

A design competition will therefore be held for those in the creative industry to conceptualize a plan for an "interpretive installation" at the corner of Lily Street and Market Avenue in the Exchange District.

"The labour movement that resulted in the 1919 general strike is an important part of Winnipeg's history and deserves to be commemorated," John Kiernan, city director of planning, property and development, said in a press release.

"We hope to receive multiple proposals as part of the design competition and encourage multi-disciplinary team entries that may include such



The Winnipeg General Strike of 1919 is the subject of a new design contest. MANITOBA ARCHIVES

disciplines as architects, landscape architects, historians or heritage planners."

The city says design submissions are due April 1, and three semifinalists will be chosen by April 19.

Finalists must resubmit their plans no later than May 24, in time for a winner to be announced by June 1 and begin work in the fall, the city says.

The budget for the project is

set at \$250,000 through funding from the city's downtown enhancement capital program.

The city says semifinalists will also receive \$5,000 to further develop their idea, and present a detailed budget.

Several Winnipeg-based design experts, artists and historians will judge the semifinalist round of the competition, while city staff will ultimately have say in choosing a winner. METRO

# SCORE

WITH

# POWER SMART SAVINGS

**LED Award Winner**

2015

ENERGY STAR  
HIGH EFFICIENCY  
HAUTE EFFICACITÉ  
Promotional Campaign of the Year

By installing Power Smart technologies, you can use less energy and save money. Install energy efficient lighting, upgrade your furnace, or increase the insulation in your home.

For more Power Smart ideas visit [hydro.mb.ca](http://hydro.mb.ca)

**Manitoba Hydro**  
POWER SMART

\*Manitoba Hydro is a licensee of the Trademark and Official Mark.

MANITOBA INSTITUTE OF  
TRADES AND TECHNOLOGY  
THE WORK SCHOOL

Discover why nearly **90%** of MITT graduates have careers in their chosen fields. MITT offers more than just theory. This is the training that gets you hired.

Attend our Open House to get an inside look at MITT programs and services. Take a campus tour, meet with student advisors for career planning, and try hands-on activities in our program areas like Graphic and Print Technician, Industrial Welding and many more!

Whether you're seeking a new career, exploring post-secondary education for the first time, or looking for a new high school experience, our Open House will help you **get started**.

ENTER TO WIN A **\$500.00** TUITION VOUCHER, A PAIR OF **HOCKEY TICKETS** AND MANY OTHER **GREAT PRIZES!** GUESTS WHO REGISTER FOR THE EVENT WILL BE ENTERED TO WIN A **\$50.00 VISA GIFT CARD**.

For more information and to register visit [MITT.CA/OPENHOUSE](http://MITT.CA/OPENHOUSE) or call **204.989.6500**

# OPEN HOUSE

**FEBRUARY 18TH, 2016: 9AM TO 8PM**



**WIN A \$500.00  
TUITION VOUCHER!\***

\*See contest rules for details at  
[MITT.CA/openhouse/contestrules](http://MITT.CA/openhouse/contestrules)



We're not the only ones  
that need regular check-ups.



You like the feeling that comes with a clean bill of health.

Now you can get one for the things you depend on at home. At **Reliance Superior™** we can inspect your furnace, water heater or home's plumbing to ensure they're running properly. Your licensed technician may also spot issues that could save you in costly repairs later on.

Peace of mind,  
at half the price.

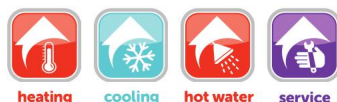
Get a Reliance Superior Diagnostic  
of your furnace, water heater or home's plumbing.

only \$49.99  
(regularly \$99.99)

Hurry - offer expires February 29th, 2016.

Call now

204-697-5666



We're not comfortable until you are.™

[reliancehomecomfort.com/winnipeg](http://reliancehomecomfort.com/winnipeg)

™ "Reliance", "Reliance Superior", "Reliance Superior Heating and Air Conditioning", "We're not comfortable until you are.", "SmartAir", "Rent and Relax" and the Reliance Superior logo are trademarks of Reliance Comfort Limited Partnership.

# Puppy mill bust rescues 66 dogs

ANIMAL CRUELTY

**Require urgent  
vet care and  
public's help**



**Matt  
Kieltyka**  
Metro | Vancouver

Sixty-six sick and neglected dogs — some with broken limbs or missing ears — were seized from a suspected puppy mill in Langley, B.C.

The BC SPCA announced the bust Tuesday, saying the seizure of 32 adult dogs and 34 puppies in need of urgent care is one of the largest in the province's history. Criminal charges are being recommended against at least two people.

Investigator Marcie Moriarty said the animals were confined to small crates and cages in unheated and unsanitary buildings. Many require veterinary care.

The mill bred and sold many in-demand breeds, including Old English sheepdogs, Bernese



This Bernese Mountain dog was among 66 dogs seized by BC SPCA. CONTRIBUTED

Mountain dogs, standard poodles and Portuguese Water dogs across the country.

There is no legislation governing breeders, only municipal kennel licensing.

Moriarty recommends not buying animals from a breeder sight unseen.

"A good breeder is very eager to show off their dogs and they'll ask just as many questions of you

as you have for them."

In other cases of this size, Moriarty says the SPCA and prosecutors have been successful in getting lifetime bans on animals ownership against breeders and some have served jail time.

The BC SPCA is requesting blankets, towels and dog beds to keep the animals comfortable at its Vancouver shelter, where many of the dogs are being kept.

**12<sup>th</sup> ANNUAL**  
**WPS**  
**HALF MARATHON**  
TWO PERSON RELAY & 5k

**Rates go up March 1.**  
**Beat the sell out!**

The Winnipeg Police Half Marathon is set for  
**Sunday May 1, 2016**  
and is preparing for a 12<sup>th</sup> straight sell out.

**For registration details go to**  
**[www.wpshalfmarathon.ca](http://www.wpshalfmarathon.ca)**



# Don't arm Kurds, warn analysts

## EXTREMISM

### Critics say that Canada's plan could backfire

The government faces calls to reconsider its plan to arm Kurdish fighters with automatic weapons and mortars because they could fall into enemy hands or be used to harm innocent civilians.

Analysts warn that Canada's decision could have long-term consequences, even if it does assist its best ally on the ground in the fight against the militants of the Islamic State of Iraq and the Levant (ISIL).

Canada will triple its contingent of 69 special-forces trainers working with Kurdish Peshmerga forces in northern Iraq — part of a retooled contribution that will also see CF-18 fighter jets end their bombing sorties there and in Syria.

A recent report by Amnesty

International accused the Kurds of bulldozing and burning down thousands of Arab homes in northern Iraq in an apparent attempt to uproot them.

"The news that an increased contingent of Canadian troops will be involved in training and providing support to Peshmerga forces, therefore, potentially raises serious human-rights concerns," said Alex Neve, the head of Amnesty's Canadian branch.

Thomas Juneau, a University of Ottawa Middle East security specialist, said arming the Kurds could lead to long-term pain for the region as well.

"The Kurds in Iraq and in Syria are among the most reliable fighting forces on the ground against Islamic State," but they have aspirations for a country of their own, he warned.

Peggy Mason, president of the Rideau Institute, noted there's a history of weapons falling into ISIL hands.

THE CANADIAN PRESS



**PLOWING THROUGH A SNOW JOB** Haligonians were digging Tuesday after about 30 centimetres of snow blanketed the East Coast late Monday. The blizzard conditions caused cancelled flights and closed schools. Environment Canada reported that the wintry blast brought up to 43 centimetres of snow to Nova Scotia, although much of the province got less than half that. Blowing snow made travel difficult through much of southern New Brunswick and P.E.I. The blizzard continued to track northeast into Newfoundland. THE CANADIAN PRESS

## IN BRIEF

### Microbeads to be banned

The federal government plans to ban two-millimetre microbeads from facial cleansers, toothpaste and other products by 2017. There is evidence the plastic accumulates in lakes and rivers. The government seeks public input. THE CANADIAN PRESS

### NDP mistakes studied

A working group charged with examining the NDP's devastating election results says the campaign lacked a strong narrative to grab voters' attention. Their offer of cautious change was out of sync with people's desire for a dramatic break, it suggests. THE CANADIAN PRESS

### Mounties address safety

In the wake of the June 2014 shooting deaths of three Mounties in Moncton, N.B., the RCMP has completed 42 of the 64 recommendations in a January 2015 report, with a priority on safety, equipment — including better access to shotguns and rifles — and training. THE CANADIAN PRESS



## Switch your mortgage to Scotiabank and get 24 FREE movies.\*

Ask us about the mortgage that's right for you.

[www.scotiabank.com/switch](http://www.scotiabank.com/switch)

You're richer than you think.®



\*Registered trademarks of The Bank of Nova Scotia. This offer is available for up to one Scotiabank Mortgage per property address. To be eligible for the 24 general admission movie passes or 24,000 SCENE points offer, you must apply for a mortgage with Scotiabank between October 1, 2015 and February 29, 2016, and fully advance your mortgage with Scotiabank within 120 calendar days of the mortgage application date. Offer only available on transfers of existing mortgages from another lender or financial institution to The Bank of Nova Scotia. A minimum mortgage amount of \$100,000 is required. This offer is valid for closed mortgages with a three year term or greater. Movie passes/points will be provided within 90 days after the Scotiabank mortgage has fully advanced. This offer cannot be combined with any other mortgage promotions or offers. This offer may be changed or withdrawn at any time without notice and may not be combined with any other discounts, offers or promotions. SCENE members can redeem 1,000 points for a free General Admission movie ticket. Or 1 movie pass is worth a free general admission movie. Some conditions and limitations apply. If you qualify for this offer you will receive 24,000 SCENE points or 24 movie passes. SCENE points will be deposited into your eligible SCENE membership account. For joint mortgages, the points will be deposited to the membership account of the borrower who is a SCENE member. Where more than one borrower is a SCENE member, the points will be deposited to the membership account owned by the primary borrower on the mortgage. If the borrowers eligible for the offer are not SCENE members, movie passes will be mailed to your mailing address.



## TAX FRAUD CHARGES

## Spanish princess in court

Spain's Princess Cristina was back in court Tuesday for trial along with 17 others, including her husband, on charges ranging from tax fraud to embezzlement.

Cristina, sister of King Felipe VI, faces two counts of tax fraud carrying a maximum prison sentence of eight years for allegedly failing to declare taxes on personal expenses paid by a company she owned with her husband, Inaki Urdangarin.

She is the first member of Spain's royal family to face criminal charges since the monarchy was restored in 1975 and the trial, which started Jan. 11, has attracted enormous media interest.

The princess lost a last-minute legal battle last week to try to avoid continuing on trial when the court rejected arguments that her charges should be dropped because government officials say she committed no crime and should only face a tax evasion fine.

The case centres around Urdangarin who is accused of using his former title of Duke of Palma to embezzle about 6 million euros (\$6.5 million) in public contracts through the non-profit Noos Institute he co-ran. THE ASSOCIATED PRESS



Princess Cristina arrives at a makeshift courtroom Tuesday. JOAN LLADO/THE ASSOCIATED PRESS



A rescue worker discards an object as he searches through the remains of a building which collapsed Tuesday in an earthquake. ANTHONY WALLACE/AFP/GETTY IMAGES

# Tainan: A survivor's tale

## SOUTHERN TAIWAN

## Quake kills more than 40; about 100 still said missing

After propping himself against a wall for 20 hours to avoid smothering his girlfriend, Ko Ching-chung's strength was draining away.

The young couple had been trapped in Saturday's pre-dawn collapse of the Weiguan Golden

Dragon apartment complex in the southern Taiwanese city of Tainan following a strong earthquake. Outside, rescuers were frantically searching for survivors amid the smashed concrete and twisted iron.

"Toward the end, to tell you the truth, I had already given up," Ko told Taiwanese broadcaster FTV from his hospital bed on Monday, a day after he and his girlfriend were rescued.

"I had no strength left to hold myself up anymore. My body fell on top of her. She would have soon not been able



At that moment, I felt thankful to the gods in heaven and earth.

Mother of rescued man Ko Ching-chung

to breathe. I said to her I had to lay on top of her, and she said to me it's OK."

Soon after, rescuers heard her voice and pulled the pair from the rubble, placing them among the more than 300 people who survived the tragedy that had claimed at least 40 lives by Tuesday. More than 100 people remain unaccounted after the collapse.

Ko said his main desire following his rescue was to reunite with his loved ones, especially his mother, who had waited anxiously at the scene.

His mother, whose name wasn't given, said she shuddered when rescuers told her they could make out only a female voice.

"It was very difficult and horrible. But they continued

digging, then they heard his voice," she said. "At that moment, I felt thankful to the gods in heaven and earth and all the blessings that people gave to us."

Also among the survivors was eight-year-old Lin Su-chin, who was rescued on Monday with her 28-year-old aunt, Chen Mei-jih. On Tuesday, Lin had recovered enough after her 61-hour ordeal to speak a few words to her father and grandparents, mainly to express her wish for her favourite snacks.

THE ASSOCIATED PRESS

## INDIA

## Object from sky kills man

Scientists are analyzing a small blue object that plummeted from the sky and killed a man in southern India, after authorities said it was a meteorite.

The object slammed into the ground at an engineering college over the weekend, shattering a water cooler and sending splinters and shards flying. Police say a bus driver standing nearby was hit by the debris and died while being taken to a hospital.

THE ASSOCIATED PRESS

## REFUGEES

## Norway probes child abuse at asylum-seekers' centres



Young migrants look from a train heading to Serbia at the border of Greece and Macedonia. ROBERT ATANASOVSKI/AFP/GETTY IMAGES

Norwegian police said Tuesday that they are investigating several cases of sex offenders allegedly abusing children at asylum-seekers' reception centres in the country.

The abuse was reported to authorities during the autumn and winter, Axel Wilhelm Due from the National Criminal Investigation Services said without providing figures or details except to say that there were "several" cases.

The incidents included abuse by known sex offenders visiting the reception centres as well as residents of the centres, Due

said, adding that police were reviewing every alleged case.

Last year, more than 31,000 people applied for asylum in Norway of whom 5,300 were unaccompanied minors.

In Sweden, police said they have arrested 14 men on suspicion of preparing attacks on an asylum-seekers' centre near the capital, Stockholm.

Various weapons, but no firearms, were found in cars during the arrests on Monday evening in Nynashamn, 60 kilometres (35 miles) south of Stockholm, police spokesman Lars Bystrom said. He didn't

identify the men, but Swedish Radio cited local police officer Lars Alvarsjo as saying they were Polish, and possibly members of right-wing groups.

In Macedonia, authorities are reinforcing a barrier at the country's border with Greece that is designed to limit the number of migrants and refugees crossing into the country. Macedonian President Gorge Ivanov visited the border town of Gevgelija on Tuesday to witness the start of the construction of the existing metal border fence's second layer.

THE ASSOCIATED PRESS



# Early wins for Trump, Sanders

## NEW HAMPSHIRE

### U.S. candidates considered to challenge the establishment

Bernie Sanders defeated Hillary Clinton in the New Hampshire primary Tuesday, and Donald Trump scored his first victory in a triumph of two candidates who have seized on Americans' anger at the political establishment.

Both outcomes would have been nearly unthinkable not long ago. Sanders, a democratic socialist, defeated Clinton, the former secretary of state once seen as the all-but-certain nominee. While Clinton remains the favourite in the national race for the Democratic nomination, the win by Sanders could be a springboard into a competitive primary campaign.

For Trump, the brash real-estate magnate, the win was an important rebound after his loss

to Texas Sen. Ted Cruz in last week's Iowa caucuses, the first nominating contest. Trump has led national polls for months and the win reinforces his position as front-runner, proving his unorthodox, populist campaign can win primaries.

With Trump's victory, attention shifted to the runners-up. Several candidates needed a strong finish to ensure the survival of their campaigns. Marco Rubio, a 44-year-old Florida senator, hoped to build on a solid third-place finish in Iowa and brush off a rocky performance in the last debate. Former Florida Gov. Jeb Bush, Ohio Gov. John Kasich and New Jersey Gov. Chris

Christie needed to show voters, and crucial financial donors, that they're viable candidates.

At stake Tuesday were less than 1 per cent of the delegates who will choose nominees to succeed Obama in July. But a strong showing in New Hampshire can result in a wave of media coverage, donations and give a candidate momentum ahead of races in coming weeks, including the March 1 "Super Tuesday", when 11 states vote.

Republicans were more negative about their politicians than Democrats, with about half of Republican voters saying they felt betrayed by party officials, according to exit polls by Edison Research.

Among Democrats, Sanders, who narrowly lost Iowa, has appealed to liberal Democrats who believe Obama hasn't done enough to address the nation's wealth disparity. Clinton has cast herself as more pragmatic and able to achieve her agenda by working with Republicans.

THE ASSOCIATED PRESS

## + TRUMP EFFECT

In a sign of Trump's impact on the race, two-thirds of Republican voters said they support a ban on Muslims entering the U.S., a position he proposed.



Democratic presidential candidate Senator Bernie Sanders

SPENCER PLATT/GETTY IMAGES



Republican presidential candidate Donald Trump

JILL COLVIN/THE ASSOCIATED PRESS

## GOVERNANCE

### U.A.E. to get a chief of glee

The prime minister of the United Arab Emirates has announced the creation of a new ministry of happiness in the Arab Gulf state.

But not everyone is smiling. Critics quickly took to Twitter to question how the U.A.E.'s human rights record and involvement in regional wars help make people happier.

The new Minister of State for Happiness, said Sheikh Mohammed bin Rashid Al Maktoum on Twitter, "will align and drive government policy to create social good and satisfaction." A Minister of State for Tolerance, meanwhile, will "promote tolerance as a fundamental value in U.A.E. society."

The announcement comes amidst a larger government shakeup and news that the government would privatize some services.

In a series of tweets, Al Maktoum, who also serves as the ruler of Dubai, said he wanted a person under 25 to serve as the next minister overseeing youth issues.

TORSTAR NEWS SERVICE

## LUNAR NEW YEAR

# Hong Kong activists clash with police over crackdown



Police approach protesters in the Mong Kok district of Hong Kong on Tuesday. THE ASSOCIATED PRESS

Hong Kong's Lunar New Year celebration descended into chaos as protesters and police, who fired warning shots into the air, clashed over a street market selling fishballs and other local holiday delicacies, with dozens injured and more than 60 arrested.

The violence is the worst in Hong Kong since pro-democracy protests rocked the city in 2014, leaving a growing trust gap between the public and

authorities.

Activists angered over authorities' attempts to crack down on the food hawkers held running battles with police into early Tuesday. Protesters pelted officers with stones, glass bottles and other debris. Some threw garbage cans and plastic safety barriers. They also set fires on the street.

The unrest started when authorities tried to prevent unlicensed street-food sellers from



The police will apprehend the mobs and bring them to justice

Hong Kong leader, Chief Executive Leung Chun-ying

operating in Mong Kok, a working-class district. The hawkers have become a local tradition over the Lunar New Year but this year authorities tried to remove them. Activists objected over concerns that Hong Kong's local culture is disappearing as

Beijing tightens its hold on the semiautonomous city.

The scuffles underscore how tensions remain unresolved more than a year after the end of pro-democracy protests that gripped the city.

THE ASSOCIATED PRESS

## SYRIA

# Residents of Aleppo hoarding food

As government troops close in on Aleppo, some residents are preparing to flee Syria's largest city while others are hoarding food in case of a long siege, even laying out bread on rooftops to dry it out for storage.

The UN warned Tuesday that hundreds of thousands of people could be cut off from humanitarian aid as siege conditions tighten around the rebel-controlled eastern part of the city.

The threat of starvation haunts Aleppo's residents, who have seen images of emaciated children and adults from other blockaded parts of Syria. An

estimated 1 million people are trapped in besieged areas, according to a report issued Tuesday by the Siege Watch project.

"There is a lot of fear, especially after people saw Madaya," said opposition media activist Karam Almasri, referring to a besieged town in southern Syria. "They don't want the same to happen to them," added Almasri.

Aleppo looms large in Syria's five-year-old conflict, both as the country's former commercial capital and a bastion of the opposition in the north. The city has been divided since 2012, with the government control-

ling the western portion, while the eastern part is held by insurgents. Many neighbourhoods and historic buildings have been ruined by street fighting and aerial bombardment.

A government offensive north of Aleppo has cut a vital opposition supply route from the Turkish border, leaving just one corridor from the east to the outside world. That route is squeezed between two government fronts to a border crossing farther west and is exposed to heavy bombardment by the Russian air force. Those air strikes are helping Syrian forces, supported by Iranian, Lebanese,

## + SHORTAGES

Aleppo already is facing bread shortages because the price of diesel fuel has doubled in the past two weeks as supplies from Turkey have dwindled.

and Iraqi militias, to advance.

The only other routes to the north are blocked by militants from the Islamic State of Iraq and the Levant (ISIL) and, to a lesser degree, by Kurdish forces.

Aid operations also have been disrupted. THE ASSOCIATED PRESS

## DROUGHT

# Haiti faces a 'most serious food crisis'

Drought-stricken Haiti is grappling with its most serious food crisis in 15 years as the number of people in need of urgent food aid has recently spiked, the head of the UN World Food Program's country office said Tuesday.

Roughly 1.5 million Haitians are considered severely insecure when it comes to food, more than double the figure of those facing malnutrition from a government assessment in September. Haiti's northwest, southeast and some areas on the border with the Dominican Republic have been hit hard amid a long

drought that has been worsened by the arrival of a strong El Nino weather pattern.

The World Food Program's country director, Wendy Bigham, called the situation alarming. A growing number of families will need to sell off possessions to feed themselves or have to significantly reduce the daily amounts they eat, she said.

Bigham described it as "the most serious food crisis facing Haiti since 2001," when data collection began to assess food security in the hemisphere's poorest country. THE ASSOCIATED PRESS



# Women execs boost profits

## WORKFORCE

### But a female CEO makes no difference, study finds

Companies that want to boost their bottom line should promote more women to the executive suite, a global survey concludes.

Profitable firms that went from having no female leaders to 30 per cent representation saw a 15 per cent increase in their financial performance, the study by the Peterson Institute for International Economics found.

The reason for the success was elusive, the study said, noting it may be that women increase the diversity of skills available to a firm or that companies who discriminate against women underperform.

Having more women on the executive team had a greater impact on corporate success than having more women on the board, while having a women CEO made no difference, the study found.



Companies with more women executives perform better financially, new study shows. iStock

Despite this apparent advantage, female representation at the highest corporate levels remains low, according to the review of nearly 22,000 firms in 91 countries, including Canada.

Almost 60 per cent of com-

panies have no female board members, just over half have no women senior executives, and less than 5 per cent have a women CEO, according to the study, called *Is Gender Diversity Profitable*.

Canada ranked in the bot-

tom 10 countries reviewed by the institute, which may reflect the fact so many of its publicly traded companies are small firms working in the resource industries, said Michelle de Cordova, director of corporate engagement with NEI Invest-

ments, Canada's oldest and largest ethical mutual fund.

The Peterson study found that, across the globe, larger firms and firms in finance and health scored the highest on female representation.

In Canada, the big banks have among the strongest track record of promoting women, Catalyst Canada research has found.

Royal Bank of Canada made history in 2013 when it named Kathleen ("Katie") Taylor the country's first female bank chair. Taylor has used her position to champion corporate diversity.

Corporate Canada still has a long way to go, the Peterson study found, noting that women made up just seven per cent of board members, 14 per cent of executives, three per cent of CEOs and two per cent of board chairs at the 2,074 companies surveyed.

So far, only 14 per cent of Canadian companies have a formal plan for promoting women to their boards — and only seven per cent set specific targets, a review in September 2015 found.

TORSTAR NEWS SERVICE

## HAPPY BIRTHDAY LYRICS

### Copyright suit settled

Music publisher Warner/Chappell Music will return \$14 million US in fees to settle a lawsuit that challenges its claim to Happy Birthday, one of the world's best-known songs.

A federal judge ruled in September that Warner/Chappell didn't own the lyrics and had no right to charge for their use.

Under terms of a settlement reached in December, Warner/Chappell will give up its claims to the ubiquitous song and reimburse those who paid licensing fees.

THE ASSOCIATED PRESS

## market minute

	<b>DOLLAR</b> 72.05¢ (+0.28¢)
	<b>TSX</b> 12,282.65 (-252.75)
	<b>OIL</b> \$27.94 US (-\$1.75)
	<b>GOLD</b> \$1,198.60 (+70¢)

**NATURAL GAS:** \$2.098 US (-4.2¢)  
**DOW JONES:** 16,014.38 (-12.67)

## MARKETS

# Companies lose billions buying back their own stock

If you think your stocks are doing poorly, check out the performance of some of the most sophisticated investors: companies that buy their own shares.

The companies losing money on these bets are down a col-

lective \$126 billion US over the past three years, a decline of 15 per cent, according to a study prepared by FactSet.

Many corporations would have been better off investing that cash in an index fund instead of their own stock. The

overall market rose 39 per cent over the same period. The companies could also have distributed that cash as dividends to shareholders.

When a company shells out money to buy its own shares, Wall Street usually cheers. The

move makes the company's profit per share look better, and many think buybacks have played a key role pushing stocks higher in the seven-year bull market.

But buybacks can also sap companies of cash that they

could be using to grow for the future, no matter if the price of those shares rises or falls.

And the recent losses highlight another criticism: companies may be good at finding oil or selling bathroom trinkets, but they aren't always

smart stock investors. Some corporations bought ever more of their own shares even as prices tripled from financial-crisis lows and several measures showed the market was overvalued.

THE ASSOCIATED PRESS

## KENNEDY MEDICAL CLINIC

### OPEN 7 DAYS A WEEK

ACCEPTING  
NEW  
PATIENTS

FREE  
PARKING  
AVAILABLE

WALK-INS  
WELCOME



203 Kennedy Street / beside Medical Arts Building

204-942-1999

KENNEDYMEDICAL.CA

## Smaller Classes, Bigger Opportunities

At Robertson College, our smaller classes ensure you will have more access to your instructors, more opportunities to ask questions and a more fulfilling learning experience.

204.943.5661 | robertsoncollege.com

ROBERTSON  
COLLEGE

students first.







Your essential daily news

# metr VIEWS

**Four-legged friends**  
Horses can interpret human facial expressions, a new study says. Dogs are the only other animal known to do this.

Wednesday, February 10, 2016

## URBAN ETIQUETTE ELLEN VANSTONE



### THE QUESTION

**Seems this must be sex-ed time for our junior high schools. The loud-talking students on the city bus are letting a lot of people know about it — in detail. How can I make my life better for my 45-minute ride home?**

Dear Ellen,

Seems this must be sex-ed time for our junior high schools. The students on my bus are letting a lot of people know in detail every part of sex ed, which makes some people cringe. The bus driver has even stopped the bus and asked them to please not talk so loud. Is there some kind of advice so I can make my life better for my 45-minute ride home?

Jack in Calgary

Dear Jack,

I support sex education in the schools 100 per cent. There is nothing “dirty” about learning the correct names for body parts and how human reproduction works. Ignorance or misunderstandings about the facts of life can be embarrassing at best, and dangerous at worst, for people who grow up without knowing the basics or who pick up misinformation from shame-filled, secretive or malicious sources.

You should also know that I have used a fair bit of profanity in my day. I spent a formative period of my youth in England amongst an invading horde of hard-drinking, sex-obsessed, foul-mouthed Australians. After the initial shock wore off, I joined in with gusto.

Possibly it was a matter of self-defence; refusing to be intimidated, I tried to outdo them in the creative

**Even if you don't find such language embarrassing or offensive, the fact is that many people do.**

application of profanity to every conceivable situation. I think my immature adolescent brain was confusing vulgarity with fearless intellectual independence. Immature adolescent brains can be quite obnoxious, as you have discovered on your daily bus ride.

Needless to say, working as a journalist has done little to rein in my habit of using coarse language.

However, in spite of my approval of tax-funded sex education, and my own indulgence and expertise in profanity, I absolutely agree with you that it's unacceptable for anybody to use coarse language or discuss sex in any kind of language, coarse or otherwise, in public.

Even if you don't find such language embarrassing or offensive, the fact is that many people do. And it's inconsiderate, and therefore ill-mannered, to inflict your unwanted, uninvited, crude and cringe-making conversation on others.

There is no shortage of times and places that are suitable for filthy conversation. In the privacy of your own home, for example. Or at certain clubs or parties. Or the workplace, if you work with journalists, or stereotypical longshorepersons or sex workers. Or the Australian consulate.

Having said all that, I'm not sure what we can do to solve your problem. You could politely ask the kids

to tone it down, or rely on the bus driver to threaten to throw them off the bus each day. It might eventually seep into their muddled young brains that their loud and lewd conversation is unacceptable.

But even nice, well-intentioned, well-brought-up kids aren't always aware of how obnoxious they're being when they're having giddy, boisterous fun in a group.

All I can suggest is that you invest in some high-quality (non-leaky) headphones to listen to music or podcasts, or some earplugs to listen to nothing, during your daily commute.

**Need advice?**  
**Email Ellen:**  
scene@metronews.ca



© Ani Castillo

## The Democratic field of competing feminist dreams



**Emma Teitel**  
Metro Toronto

Anna Maria Tremonti, host of CBC radio's The Current, moderated a debate this week between two very different American political volunteers: Karen Murphy, a 53-year-old Hillary Clinton supporter, and Anoa Changa, a 34-year-old Bernie Sanders supporter.

It sounded less like a civil argument than it did a squabble at Thanksgiving between a cranky grandmother and rebellious granddaughter.

The fly in the ointment was generational feminism. Second-wave feminists of Murphy's ilk tend to support Clinton because they long to see a woman — any woman — in the White House. But fourth-wave feminists — millennials — are skeptical of an establishment candidate whose X chromosomes don't change the fact that she is a champion for the status quo.

Many millennial women support socialist Sanders, who supported gay rights decades before Clinton did and who knows no villain more villainous than income disparity. Sanders is a staunch advocate for the poor and middle class, a position in sync with a modern feminist movement fixated on “intersectionality” (the intersection of class and race in politics).

Old-guard feminists such as Gloria Steinem, who is uncompromising in her support of Clinton, appear to resent this. In fact, in the eyes of some of the world's most esteemed feminists, Hillary Clinton is to the Democratic

nomination what Leonardo DiCaprio is to the Oscars: an “about-time” shoo-in.

What's so ironic about this feminist flame-war is that it is precisely because of advances made by establishment feminists that modern feminists can reject a woman candidate and vote with their heads rather than their hearts.

These older feminists see Clinton as a symbol, but symbols are no longer any match for candidates who, while male, advocate platforms that are likely far more beneficial for women. It's a testament to the success of feminism that women can now dismiss female candidates who don't share their philosophies.

Clearly, second-wave feminists don't see it this way, possibly because their desire to see Clinton in power at all costs isn't really about progress, but mortality. They understandably want to see a woman in the White House before they die. I would, too. But for millennial feminists who have decades of voting ahead of them — and who came of age when the United States elected its first black president — the possibility of a female president appears not just likely within their lifetime, but inevitable. So why should they be expected to lay all their chips on the table for a woman whose politics are a watered-down version of her progressive male rival's? They shouldn't. And, for the good of women everywhere, they won't.

**Emma Teitel** is a national columnist for the Toronto Star.

**metr**  
Your essential daily news

STAR MEDIA GROUP PRESIDENT  
**John Cruickshank**

VICE PRESIDENT & EDITOR  
**Cathrin Bradbury**

VICE PRESIDENT & GROUP PUBLISHER  
METRO WESTERN CANADA  
**Steve Shroot**

MANAGING EDITOR WINNIPEG  
**Elisha Dacey**

ADVERTISER INQUIRIES  
adinfowinnipeg@metronews.ca  
**General phone 204-943-9300**

FREE TO SHARE

**PHILOSOPHER CAT**  
by Jason Logan

TAKE YOUR GOD BACK. THOUGH HIS SONGS ARE BEAUTIFUL, HIS MIRACLES ARE INCONSISTENT.

**DANEZ SMITH**

Philosopher cat now at  
[www.mymetrostore.ca](http://www.mymetrostore.ca)





GETTY IMAGES

**JOHANNA SCHNELLER** **WHAT I'M WATCHING**

## Let freedom ring from Levi's Stadium

**THE SHOW:** Super Bowl 50, halftime show (CBS/CTV)  
**THE MOMENT:** Beyoncé's X

After Coldplay lulled us and Bruno Mars funkyed us up, the field cleared and Beyoncé strode in, wearing black leather and backed by the Dream Defenders, women dancers in Black Panther berets. (Reminding us that like the Super Bowl the Panthers turn 50 this year.)

As Beyoncé launched into Formation, she already knew she owned the day. Though some couldn't make out her lyrics ("I like my Negro nose

with Jackson 5 nostrils"), when her dancers formed a giant X, they got the message.

"You know you that bitch when you cause all this conversation," Bey sings, and did she ever. The Twitterverse exploded ("Beyoncé is my church").

Throughout Monday, conservative commentators huffed — "Does everything have to be about race?" "Does middle America need to see this?" — and late-night hosts mocked them.

"You know what's in middle America?" the Daily Show's Jessica Williams asked. "Ferguson, Missouri."

**Haters were simply peeved that Beyoncé showed everyone what a real statement looks like.**

Should the Super Bowl be political? Uh, yeah. Beyoncé wasn't to blame, for example, that America had turned Carolina Panthers vs. Denver Broncos into a contest between a black quarterback and a white one. She merely confronted

the mood in her country, as an artist should. If you have an audience of 115.5 million, it's your job to rattle their cages.

Nobody objected when Bud Light went "political" with its ad featuring Amy Schumer at a podium, declaiming that guzzling brewskis is the one thing all Americans have in common. Haters were simply peeved that Beyoncé showed everyone what a real statement looks like.

Girl, I hear some thunder.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

### LYRICAL ENDORSEMENT

**Beyoncé's Formation has Red Lobster sales spiking**

Queen Bey sent Red Lobster sales soaring 33 per cent on Sunday, one day after the star released her new song Formation.

The song references the seafood chain as a reward for sex, in a line we probably can't publish.

Red Lobster jumped on the publicity, tweeting some Beysus-inspired lines like "Cheddar Bey Biscuits"

and thanking Beyoncé for "one heck of a weekend."

According to the chain, Red Lobster trended on Twitter for the first time ever after the star released her surprise single Saturday.

The restaurant's spokesperson Erica Ettori told Business Insider Red Lobster is attributing the sales increase to "the Beyoncé bounce."

REBECCA WILLIAMS/METRO

# GAMEDAY GIVEAWAY

WIN 2 TICKETS TO A HOME GAME AT THE MTS CENTRE

## THERE ARE 2 WAYS TO ENTER:

1. Receive a ballot for every \$10 spent at participating cityplace retailers, restaurants and food court vendors.
2. Follow us on Facebook for additional chances to enter.

Enter your completed ballot in the ballot box located at the Donald Street entrance

Visit [www.cityplacewinnipeg.com](http://www.cityplacewinnipeg.com) for complete rules and regulations. No purchase necessary.

[/cityplacewinnipeg](https://www.facebook.com/cityplacewinnipeg)



## Valentine's Day doesn't have to be self-pitying if you're alone

# More like Netflix and chili #single



Valentine's Day emphasizes romantic love, but other forms of love are equally worthy of celebration. Love the ones you've got.

**FEW THINGS IN  
LIFE ARE SWEETER  
THAN SUCCESS.**

If you're aged 18-39 and have a passion for making artisanal goods, we can help take you from foodie to founder.

Let us help you start, grow or buy your own business.

futurpreneur.ca

1.800.464.2923

futurpreneur  
canada



#HEHO  
HEHO.CA

Festival du Voyageur 2016





# Love a dish best served at home

## VALENTINE'S DAY

### Baked scallops a delectably simple make-ahead dinner

Valentine's Day can throw the best of us into a wild panic. How to show the one you love the way you feel without succumbing to clichés?

Booking a table at a romantic restaurant for the set steak dinner with a side of heavy breathing couples, or buying a bunch of roses on the way home — always lovely, but never original.

What everyone wants is to feel like they're being thought about or cared for. Making something for someone does exactly that because it's a simple act of love. It need not be a pudding flambé or an Eiffel Tower-high croquembouche, just something special.

This Valentine's Day, take a pass on the expected. As in, ditch the restaurant reservations. You're just going to get overcharged for so-so food, anyway. Instead, stay home and show your lover how much you care by assembling this simple — but impressive — baked scallop dinner.

The beauty is that this recipe, which bathes scallops in a cream sauce and tops them with crispy panko bread crumbs, is easily prepped up to 24 hours ahead, then refrigerated until you are ready to serve.

When you are ready for romance, just heat the oven to 400 F and pop the individual servings in for about 10 minutes.

The result is impressive enough that you won't miss the restaurant experience even a little.

Just add some crusty bread and a salad and you'll have a complete meal.

#### Baked Bay Scallops with Lemon Garlic Cream

Start to finish: 30 minutes  
Servings: 2

#### Ingredients

- 1/2 cup panko bread crumbs
- 1 Tbsp butter, melted
- Kosher salt
- 2 Tbsp finely grated Parmesan cheese
- 2 tsp chopped fresh thyme
- 2 cloves garlic, minced
- 1 Tbsp lemon zest
- Ground black pepper
- 1/2 cup heavy cream
- 2 cups (16 oz) bay scallops, cleaned (any tough muscles removed)

#### Directions

**1.** In a small bowl, combine the bread crumbs, butter, a pinch of salt and the Parmesan. In another small bowl, combine the thyme, garlic, lemon zest, a hefty pinch of black pepper and the cream.

**2.** Divide the bay scallops between 2 individual gratin dishes. Pour half of the cream mixture over each dish of scallops, then sprinkle each evenly with the bread crumbs.



**YOU WILL HEART THIS RECIPE**  
It can easily be prepped up to 24 hours ahead of time and then refrigerated until ready to be baked for just 10 minutes.

Baked Bay Scallops with Lemon Garlic Cream is made for two. THE ASSOCIATED PRESS

At this point, the scallops can be wrapped and refrigerated for up to 24 hours or baked immediately.

**3.** When ready to bake, heat the oven to 400 F. Place the gratin dishes on a baking sheet. Bake for 8 to 10 minutes, or until the

cream is bubbling all over and the crumbs are browned.

THE ASSOCIATED PRESS

## COOKBOOK

### Cook it all with coconut

Nathalie Fraise's new cookbook, *The Whole Coconut Cookbook: Vibrant Dairy-Free, Gluten-Free Recipes Featuring Nature's Most Versatile Ingredient* (Random House Canada: \$21.99) has guilt-free coconutty recipes for breakfast, main courses, salads, side dishes, drinks, desserts and snacks like Spicy Coconut Chips.



#### Spicy Coconut Chips

#### Ingredients

- 4 cups unsweetened coconut flakes
- 2 Tbsp coconut oil, melted
- 1 Tbsp lime juice
- 3/4 tsp fleur de sel or sea salt
- 1/2 tsp hot paprika

#### Directions

**1.** Preheat oven to 350 F.

**2.** Line a large baking sheet with parchment paper.

**3.** In a medium bowl, mix coconut flakes with coconut oil and lime juice. Sprinkle in salt and paprika. Mix well.

**4.** Spread coconut mixture on baking sheet and bake 6-8 minutes, or until golden brown. Watch carefully that chips don't burn.

**5.** Transfer chips immediately to a plate lined with paper towels and let cool completely. They should crisp up as they cool.

**6.** Serve immediately, or store in an airtight container for a day. TORSTAR NEWS SERVICE



Treat your sweetie!

# DO THE DOWNS!

DELICIOUS CERTIFIED ANGUS PRIME RIB BUFFET

Tomorrow & every Thursday! **\$26<sup>95</sup>**

Includes Popular Pasta Bar



GREAT AMBIENCE!

ASDowns.com • 204-885-3330  
3975 Portage Ave.

**\$10 off**  
buffet for 2  
with this coupon

Valid Feb. 11, 18, 25, Mar. 3  
Phone for reservations

**ASD**  
Assiniboia Downs  
GAMING & EVENT CENTRE

140 VLTs • 9 AM-2 AM every day • Vegas-style horse racing



**ROSE REISMAN THE SAVVY EATER**  
THIS WEEK: Valentine's Day treats

Valentine's Day and sugary treats go hand in hand. Play cupid without OD'ing on sugar!

**PICK THIS**

**Lindt Teddy and Hearts**

Calories 170  
Fat 11 g  
Sugar 16 g



**SKIP THIS**

**Krispy Kreme Luv Bug Doughnut**

Calories 390  
Fat 19 g  
Sugar 30 g



**HERE'S WHY**



**Equivalent in sugar to 15 Old Fashion Plain Timbits**

Krispy Kreme was the ultimate indulgence years ago. Don't let it be a love affair – these doughnuts are filled with chemicals, additives, colours and artificial flavours (and to boot excess calories, fat and sugar). The Luv Bug may be cute, but it's not worth it nutritionally, even as a treat. Instead go for Lindt's Teddy and Hearts – you'll satisfy that sweet craving with only 16 g of sugar (equal to 4 tsp) instead of 30g (8 tsp), less fat and half the calories!

**BUDGET**

**Waste not, save a lot: Don't toss that food**

With food prices expected to continue to rise through 2016, experts say there's one way people can save money: waste less.

"We are throwing out huge amounts of food," says Michael von Massow, a professor at the University of Guelph.

The university's Food Institute predicted in a December report that Canadians can expect to spend an extra \$345 on groceries this year, including up to 4.5 per cent more for fruits and vegetables. In a 2013 audit, researchers at the university found the average household in Guelph, Ont., was throwing out more than four kilograms of food a week and more than half of that was fresh fruits and vegetables. (About a third of the total was unavoidable, such as banana peels, cores and coffee grounds.)

Home economist and cook-book author Mairlyn Smith says her best tip to save money and reduce waste is to plan weekly menus, with leftovers in mind, and write a grocery list of the necessary ingredients. Then check to see what you have on hand.

Here are some other tips:

- Extend the life of fruits and vegetables by storing them properly. "When you get home after shopping, do all your slicing and dicing and washing and chopping for the week," advises registered dietitian Christy Brissette. You'll be more likely to use items if produce is ready to go.
- Repurpose items, says von Massow. If an apple is not perfect any more, turn it into sauce or a crisp so it can still be eaten without the cost of throwing it out.

THE CANADIAN PRESS

**DRINK PICK**

**Peter Rockwell**  
For Metro Canada



**Rosés: Pretty in pink just in time for Valentine's Day**

With their kitschy pretty in pink hue, even classically produced rosés find it hard to escape blush wine's reputation as a simple, summer-time sipper.

I'm here to tell you that

you can enjoy a rosé any time of year. Emimently food-friendly, they make a perfect pairing with breakfast in bed, especially with Valentine's Day landing on a Sunday this year.

The last time I was in France I had a chance to spend some time with Gérard Bertrand who is the undisputed

king of southern French wines.

He introduced me to his fruity, yet dry, 2014 Côte des Roses Rosé (\$18.95-\$19.99), a blend of Grenache, Cinsault and Syrah that brilliantly reveals each grape's personality as it rolls around your mouth.

What really makes it my top

Valentine's pick is the bottle.

Tall and slim, it comes with a glass stopper and, wait for it, an elegant crimping on the bottom that when turned upside down looks like a rose in full bloom.

What's not to love about this sweet, romantic drink for Valentine's Day?

PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.



**SHOW & SAVE**

**DISCOUNT CARD & COUPON BOOK**

**FREE!**

**Buy 1 Fall Book**

(expires September 30, 2016)

**and Receive 2 Spring Books**

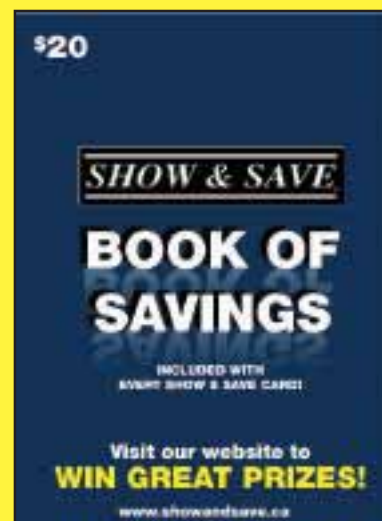
(expire March 31, 2016)

**ABSOLUTELY FREE!\***

**Over \$250 in savings at these 4 businesses alone!**



+ over 20 golf courses.



\*Valid only at the Show & Save office until February 12, 2016.

This ad must be presented at the time of purchase.

While quantities last. Not valid with any other offer. CASH ONLY.

**(204) 477-4216 216-530 Century Street**  
**www.showandsave.ca**

You could **WIN**

Enter for a chance to win one of twenty **Show & Save** Coupon Books

**SHOW & SAVE**  
DISCOUNT CARD & COUPON BOOK



For full contest details and conditions, visit clubmetro.com. No purchase necessary. Terms & conditions apply.



# Is your workout mantra true?

## MYTH BUSTERS

### Separating fact from fiction: Fitness experts dissect clichés

Anyone who works out knows clichés come with the territory. You're often told to "feel the burn" and realize "no pain, no gain" — but just because a phrase is common doesn't mean it's true.

We asked personal trainers and fitness experts — Kathleen Trotter, Stephanie Joanne and Sarah Robichaud — to weigh in on five fitness clichés to separate fact from fiction.

**F** "No pain, no gain."

Totally false. Fitness experts say pain is a sign something is going wrong — maybe it's your form, or you're pushing yourself too hard. Whatever the case, it's not a good thing.

"The idea of negative, harmful pain being positive is never true," says Trotter.

You don't have to be sore the next day either to get results, adds Joanne. "It's almost the opposite of what I would want anyone to do," she says.

It's all about knowing the line between pushing your body to its limits and feeling that muscle sensation, versus real pain that comes from hurting yourself during a workout.



Should you really "feel the burn"? Is "no pain, no gain" actually true? Fitness experts weigh in. iSTOCK

**T** "Feel the burn."

Sometimes true. There's pain (bad) and then there's that burning sensation that often accompanies a workout (not necessarily bad.)

It's fine to push yourself to the point of fatigue during exercise, says Robichaud.

"I know I'm fatigued when I feel that burning sensation in my body — the lactic acid build-up — but never to the point of pain or sacrificing your form," she adds.

Feeling the "burn" isn't necessary to see results, notes Joanne, but it can provide a psychological boost.

**T** "You are what you eat."

Mostly true. If you're opting for cake instead of broccoli, you'll definitely feel different after. But experts say the truth is more nuanced than this cliché.

"If you're eating foods that are heavy and fat-laden, and sugar-laden, you are going to feel heavy and you will develop fat on your body," says

Robichaud.

And, if you're spending time in the gym but not eating well, you won't get results, adds Joanne. However, if your digestive system is out of whack, that might mean you're not getting nutrients properly — regardless of what you eat — says Trotter.

**T** "It never gets easier — you just get stronger."

Sometimes true. This cliché depends on the situation, says Trotter. A beginner runner, for instance, might run 5 kilo-

metres in 40 minutes. "In a year, hopefully you can run it in 30 minutes, and that's going to feel like what you've done in 40," she says.

"It's easier — because you're more fit."

When you're pumping iron, things get easier as you strengthen your muscles.

"As you tear up muscle fibres in your workout, and then you recover, they come back together even stronger," says Robichaud.

The stronger you get, the harder you can work — so in that sense, it's never getting any easier.

**T** "The only bad workout is no workout."

Totally true. All three experts agreed. "Any movement, even if you just go for a walk and get yourself out of that sedentary mindset, is better than nothing," says Joanne.

In the fitness world, there's a constant pursuit of perfection, but Trotter says people need to shake that — it's not about the "perfect" workout, since something is better than nothing.

TORSTAR NEWS SERVICE

## Get a NEW Career in less than a year!

### New Programs Starting Soon in:

Administrative Assistant  
Educational Assistant  
Health Care Aide  
Computerized Accounting  
Business Administration  
Medical Office Assistant  
Community Service Worker  
and More...

**CALL TODAY**



North  
77 Redwood Ave  
204-582-9400  
academyoflearning.com

South  
297 St Mary's Rd  
204-478-8884

### TAKEOUT • CATERING • DELIVERY

#### SUSHI PARTY TRAY MENU

**Small: \$24.99**

Any 6 regular rolls or veggie roll

**Medium: \$32.99**

8 regular rolls

**Large: \$49.99**

12 regular rolls + 1 special roll

**X-large: \$69.99**

17 regular rolls + 1 special roll

**Nigiri combo: \$24.99**

any 5 choice of nigiri (10pcs)  
+ 2 regular roll

#### CATERING MENU

**A30 \$89.99 (180pcs)**

**B40 \$119.99 (240pcs)**

**C50 \$149.99 (300pcs)**

Catering menu has to be made a day in advance

**15% off**

Not to be combined with any other offers.  
Not applicable for Catering menu.

**metro**

**Tell us how you really feel.**

Join our online reader panel and help make your Metro even better.  
[metronews.ca/panel](http://metronews.ca/panel)



## A red Hyundai Elantra sedan is shown from a front-three-quarter view. The car has a black grille with the Hyundai logo, and the license plate reads "BYC5-254". The car is parked on a light-colored surface.

## WHEEL BASE MEDIA



The Miami Heat will retire 2006 NBA champion Shaquille O'Neal's jersey at the start of next season



**NHL HELLEBUYCK HOLDS HIS GROUND AS JETS BEST BLUES** Jets goalie Connor Hellebuyck saves a shootout attempt by the Blues' Vladimir Tarasenko in St. Louis on Tuesday night. Hellebuyck made 21 saves between regulation and overtime, and then another four in the shootout to lead the Jets to a 2-1 victory. Mark Scheifele scored the shootout's only goal while Bryan Little tallied his 16th of the season early in the second period. JEFF ROBERSON/THE ASSOCIATED PRESS

## Signing of Harris caps Blue Bombers' big day

**CFL**

### Rebuilding club adds other Canadians to its roster

Andrew Harris is going home while Ted Laurent is staying put.

Harris, a Winnipeg native, signed a three-year deal with the hometown Blue Bombers on Tuesday, the opening day of CFL free agency. The all-star running back returns to his home province following six seasons with the B.C. Lions.

Laurent, the other top Canadian available in free agency, opted to remain with the Hamilton Tiger-Cats, signing a two-year contract reportedly worth \$500,000. The six-foot-one,

305-pound defensive tackle from Montreal has been a league all-star the past two seasons in Steeltown.

Laurent's return is big for Hamilton, which lost kicker Justin Medlock (Winnipeg) and defensive backs Brandon Stewart and Mike Edem (both to B.C.) in free agency and still has over 20 players on the open market. The Ticats did re-sign veteran slotback Andy Fantuz and added free-agent linebacker Alex Hoffman-Ellis, who spent the last two seasons with the B.C. Lions. Prior to the start of free agency, Hamilton signed defensive end John Chick after he was released by the Saskatchewan Roughriders.

For Harris, his decision was the realization of a childhood dream.

"Any young boy that plays



**Andrew Harris** GETTY IMAGES FILE

football in Manitoba always dreams of playing for the Bombers and that's always been on my mind," Harris said during a conference call. "I had some other offers but ultimately I'm at a point in my career where I've been in B.C. almost 10 years now and my daughter is eight and being closer to her was a big factor in deciding this.

"I just think the organization is going in the right direction. It was good timing for a lot of different reasons."

The signing of Harris high-

lighted a busy day for Winnipeg GM Kyle Walters. He also landed Medlock, Canadian defensive lineman Keith Shologan, Montreal-born running back Pascal Lochard, veteran national centre Jeff Keeping and receiver Ryan Smith in free agency.

Last month, Walters signed veteran receiver Weston Dressler after he was released by Saskatchewan.

The five-foot-11, 202-pound Harris was one of the big names in the free-agent pool. He ran for 1,039 yards last season to finish second overall to Montreal's Tyrell Sutton (1,059 yards) while adding 53 catches for 484 yards to post a CFL-best 1,523 yards from scrimmage.

Harris also plays a position usually handled by an American so the 28-year-old gives Winnipeg the luxury of using an import elsewhere. The Bombers also haven't had a 1,000-yard rusher since 2012 when Chad Simpson ran for 1,039 yards.

THE CANADIAN PRESS

**NFL**

## Super Bowl champs party like it's 1999

From the top of a fire truck, Von Miller thrust the Super Bowl trophy into the air again and again as the Denver Broncos convoy made its way through streets lined with blue-and-orange clad fans.

Behind Miller, the Super Bowl MVP, stood Peyton Manning and DeMarcus Ware. Behind them, the architect of this team and Hall of Famer John Elway.

Fittingly, the group travelled the route, which was a bit longer than a mile, in fire truck No. 18 — Manning's number. Will

he be back with the Broncos? A question for another time.

Because Tuesday was parade day fans showed up to cheer on the Super Bowl champions after beating Cam Newton and the Carolina Panthers 24-10 on Sunday. The supporters held up signs and screamed "Thank you, Peyton!" at the top of their lungs as they soaked in the sun while basking in the glow of the Broncos' third Super Bowl title — and first since 1999.

THE ASSOCIATED PRESS

**1M**

**Denver Mayor Michael Hancock estimated one million fans partook in the parade.**

**AHL**

## Moose stumble late in loss to Stars

The Texas Stars broke the hearts of the 5,406 on hand at MTS Centre Tuesday night as they scored twice in the final 2:29, erasing a Manitoba Moose lead to hand the home side a 3-2 defeat.

Texas forward Jason Dickinson scored twice, including the game-winner with 47 seconds to play to drop the Moose to 12-27-3-4. Brett Richie notched the late 2-2 equalizer for Texas.

Manitoba opened the scoring just 27 seconds into the second period as Moose captain John Albert was credited with his seventh of the season. In actuality, Stars goaltender Maxime

**TUESDAY At MTS Centre**

<b>3</b>	<b>2</b>
<b>STARS</b>	<b>MOOSE</b>

Lagace allowed a slow centring attempt to take a sharp redirect off his own stick before sliding through his legs and in.

With the score 1-1 early in the third, Darren Kramer had an Austen Brassard shot ricochet off his skate and in for another Moose lead.

DARRIN BAUMING/FOR METRO

### HOCKEY IN BRIEF

#### Leafs deal Phaneuf to Sens

The Ottawa Senators acquired defenceman Dion Phaneuf from the Toronto Maple Leafs in a nine-player trade on Tuesday.

Ottawa also acquired defenceman Cody Donaghey and forwards Matt Frattin, Casey Bailey and Ryan Rupert.

In addition to shedding Phaneuf's \$7-million salary-cap hit, the Leafs get defenceman Jared Cowen and forwards Milan Michalek, Colin Greening and Tobias Lindberg, along with a 2017 second-round draft pick. THE CANADIAN PRESS

#### Winnipeg to host Canadian Hockey Expo this summer

Hockey fans in Winnipeg can look forward to a show touting itself as the country's largest hockey trade exposition coming to the city this summer.

The Canadian Hockey Expo announced in a news release issued Tuesday it would be at the RBC Convention Centre from June 11 to 12. A gala is scheduled for that weekend in order to raise money for KidSport Winnipeg, the release said.

Tickets for the expo go on sale March 1. METRO



**I just want to be able to get on the field and make impact plays for this team.** Andrew Harris



## RECIPE Easy Tomato Tart



PHOTO: MAYA VISNTEI

**Ceri Marsh & Laura Keogh**  
For Metro Canada



This nice, light pizza makes an easy dinner when served with a salad. But you could also cut it into smaller pieces and serve it as hors d'oeuvres at a cocktail party.

### Ready in

Prep time: 15 minutes

Total time: 40 minutes

### Serves 6

### Ingredients

- 1 sheet of puff pastry
- 2 Tbsp olive oil, approximately
- 1 pint of cherry tomatoes
- 1/4 cup chopped fresh herbs (I used parsley and basil but thyme and rosemary would be nice too)
- 1/2 cup grated mozzarella cheese
- 1/2 cup grated Parmesan cheese
- Salt and pepper to taste

### Directions

1. Preheat oven to 400 F.

**2.** Most puff pastries come in a package with two sheets of dough and you'll only need one. Put the other back in the freezer for another time.

**3.** Tear off a good-sized sheet of parchment paper, say 16 or 18 inches long. Lightly flour the paper and use a rolling pin to roll out the pastry into approximately an 8- by 12-inch rectangle. Use a fork to prick holes all over the dough. Now take a small, sharp knife and create a border about 1/2 inch in, all around the rectangle, being careful not to cut all the way through!

**4.** Drizzle the oil over the pastry. Now scatter the cheese. Then place tomatoes on top. Sprinkle your herbs on top and add a pinch of salt and pepper

**5.** Place in a hot oven for 20 to 25 minutes until the pastry is golden and the cheese is bubbling. Allow to cool slightly before cutting. Serve with a simple salad.

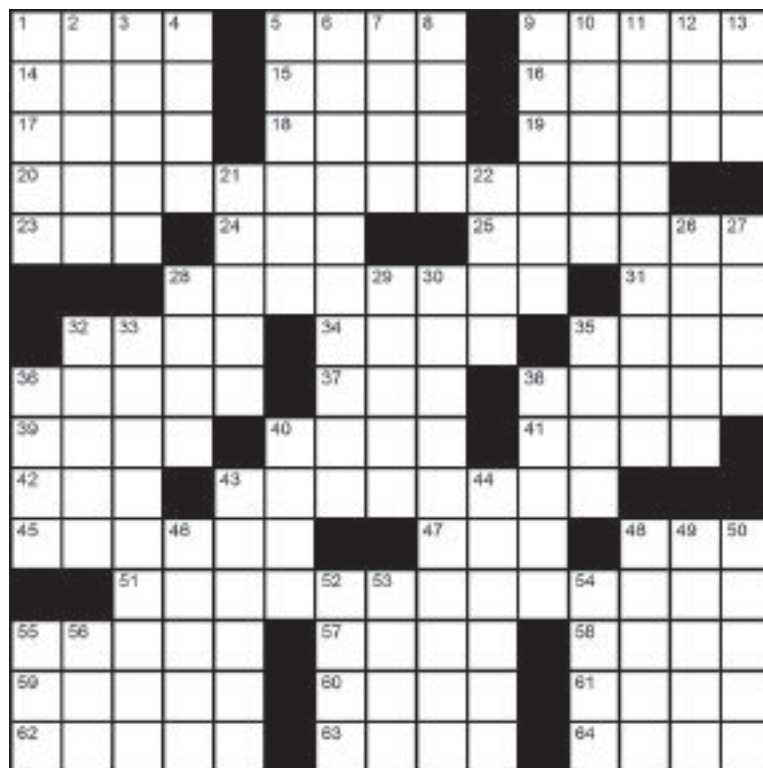
FOR MORE MEAL IDEAS, VISIT  
SWEETPOTATOCHRONICLES.COM

## CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

### ACROSS

1. Woodstock emcee Mr. Gravy
5. Lakes: French
9. Southern Alberta town
14. Corn lily
15. Is part of the kit [abbr.]
16. Actress Christina
17. One on the ground waiting in ambush
18. Advertising \_
19. Intensify with energy: 2 wds.
20. Canadian legend Nancy Greene, famously: 2 wds.
23. Bad \_ (German spa resort)
24. 'Expert' suffix
25. Firstborn
28. Complains
31. Musical comedy, "Mamma \_!" (2008)
32. Soft cheese
34. Airline to Israel: 2 wds.
35. The Family Circus cartoonist Mr. Keane's
36. Bellowing
37. Ad \_ (Relevant)
38. Crack
39. Does 'lofty' farm work
40. Apothecary weight
41. Hearers
42. Fit Fiddle link: 2 wds.
43. Feigning
45. Guggenheim Museum locale in Spain
47. Seoul's locale



- [acronym]  
48. Droop  
51. Motorist's message medium: 2 wds.  
55. Roots realm  
57. Mr. Lugosi  
58. Read: French  
59. Kitchen ap-

- pliance  
60. Turn \_ red (Get embarrassed)  
61. Hopped off the horse  
62. Type of comic book artist  
63. Dog breed,

- \_ Terrier  
64. Legal bargaining

### DOWN

1. Actress Olivia
2. Self-evident truth

3. Opinions
4. Cardigan 'cord'
5. Mediate
6. England, in France
7. Nero's 350
8. Mr. Stallone's, briefly
9. Where to find hikers, bikers and nature likers
10. Did this in the game of darts
11. Canadian politician Christy Clark = \_ \_ \_
12. Old French coin
13. Pants split
21. Winter: French
22. Ship's balancer
26. 1861 George Eliot novel, \_ Marner
27. Chore
28. Some makes of cars
29. One of an athletic shoe's turf grippers
30. Lauren of "Mr. D" on CBC
32. Enforcer in "The Godfather" (1972), Luca \_
33. RBC = \_ \_ of Canada
35. Scottish hillside
36. Captain in "Moby Dick" (1956)
38. "Ugly Betty" actress Ms. Newton
40. Lose one's grip
43. Spoil, spa-style
44. Write down the music score
46. WWII's Battle of the \_
48. Acquired ability
49. Variant-spelled cliff nest
50. Ms. Van Susteren of FOX News
52. Dwindles
53. Stenchify
54. Applaud
55. \_ Lanka
56. Chickpeas container

## ★ IT'S ALL IN THE STARS by Sally Brompton

**Aries** March 21 - April 20  
If you haven't been rewarded for the time and effort you've put into your work you will be soon. But whatever you receive won't match the pride you have for doing such a good job.

**Taurus** April 21 - May 21  
There's more to life than money and power. Whatever it is that inspires you go after it with purpose and passion. Follow your star wherever it leads — it is sure to be some place good.

**Gemini** May 22 - June 21  
Why are you worrying so much? What happens over the next two or three days will finally convince you that fear is not only a useless emotion but also a dangerous one.

**Cancer** June 22 - July 23  
Loved ones have not been quite so helpful of late but only because they had a lot on their plate. Today, however, they will go right the other way and give you as much attention as you need. Show your appreciation.

**Leo** July 24 - Aug. 23  
Good news will lift your spirits but don't start thinking that nothing can go wrong. You can take silly risks, so if someone tells you to watch your step maybe you should listen.

**Virgo** Aug. 24 - Sept. 23  
Life has been a lot of fun of late, but don't ease up too much because other aspects point to a more serious phase. Family issues need to be handled with tact and discretion today.

**Libra** Sept. 24 - Oct. 23  
Your efforts are about to pay off. All the people you helped will do something special to thank you. The real reward, however, is knowing you have made a difference.

**Scorpio** Oct. 24 - Nov. 22  
Doors that have been shut to you in the past will be flung wide open. Why the sudden change? Most likely it is because you have stopped trying so hard to be accepted — so it's no longer fun for others to say "no."

**Sagittarius** Nov. 23 - Dec. 21  
You have made a lot of sacrifices and you will soon get your reward. Jupiter will make it easy for you to connect with people in positions of power. Tell them what you need.

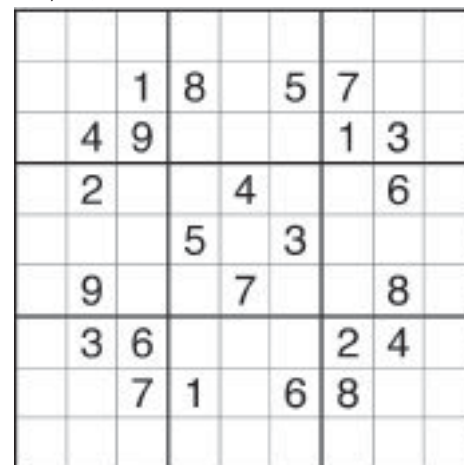
**Capricorn** Dec. 22 - Jan. 20  
You think that time is running out but there's still time to do something out of the ordinary, something others will talk about for years to come. Don't waste any more time making plans, just do what feels right.

**Aquarius** Jan. 21 - Feb. 19  
The sooner you believe Lady Luck is on your side the sooner good things will start happening. Actually they're happening already but you seem determined not to notice. You're letting opportunities pass you by.

**Pisces** Feb. 20 - March 20  
If you feel a touch depressed you should dress sharp and hit the town with your friends. A night out will take your mind off your worries.

## CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

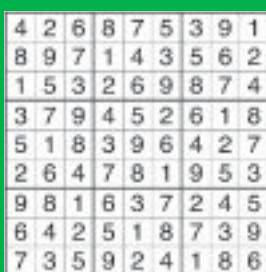


©2013 Conceptis Puzzles, Inc. by King Features Syndicate, Inc.

## YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to  
[metronews.ca/games](http://metronews.ca/games)



Putting Students First  
at Robertson College

[www.robertsoncollege.com](http://www.robertsoncollege.com)

ROBERTSON  
COLLEGE

students first.





# ONE NATION ONE TEAM

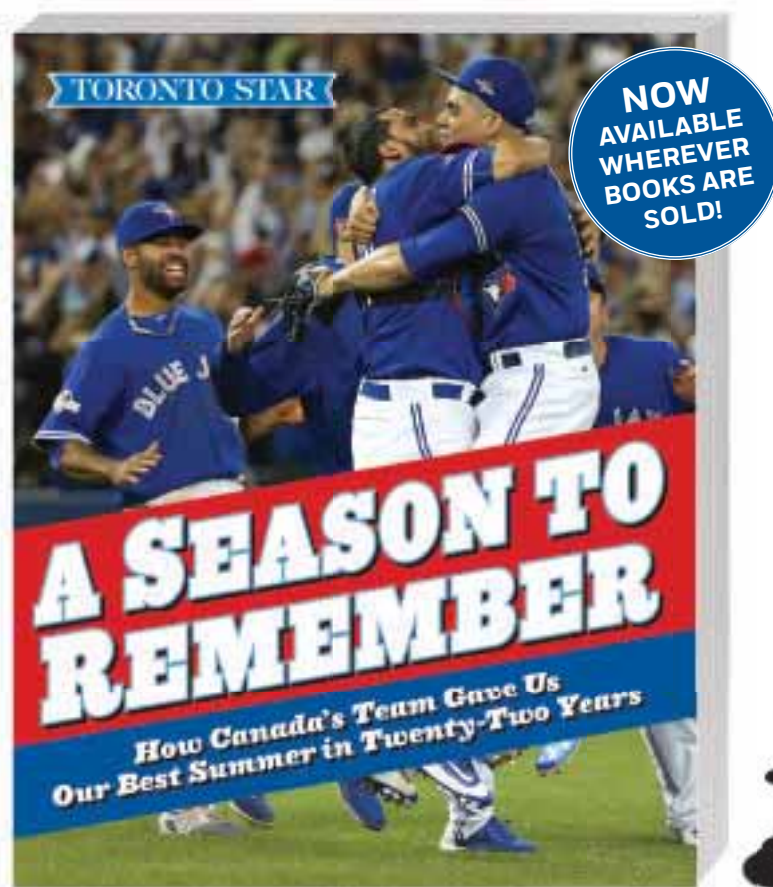
## A SEASON TO REMEMBER

**A team 22 years in the making.**



What started as a baseball season like any other became the most thrilling sports story of 2015. In this special commemorative book, relive the entire spectacular 2015 run. Beautifully illustrated with action and candid photographs, and with exclusive content from the *Toronto Star*, this is

**the must-have book  
for every fan.**



Penguin  
Random House  
Canada

[penguinrandomhouse.ca](http://penguinrandomhouse.ca)



**TO ORDER, COMPLETE AND MAIL THIS COUPON TO:** StarStore, One Yonge St., Toronto ON M5E 1E6  
Attention: **A Season to Remember** – OR – Order online at [www.StarStore.ca](http://www.StarStore.ca)



Name .....  
Address .....  
Apt ..... City ..... Province .....  
Postal Code ..... Telephone .....  
Email address .....  
Credit card ..... Expiry date .....

Please send me the following  
(all prices include applicable taxes):

..... copies of **A Season to Remember**  
@ \$23.10 ea. = \$.....  
Please add \$6.25 shipping = \$.....  
**TOTAL** = \$.....



Make cheque or money order payable to StarStore. Please allow 3 weeks for delivery.